

GODLY SERVICE REPORT

BHILAI

Brahmakumari Sister Shivani, Delhi, a renowned motivational speaker whose lectures are being telecast regularly in different TV channels had series of programmes at Bhilai on **26th December, 2008**. At **11a.m.**, the programme was organised at Bhilai Training Institute assembly hall on a theme – **Exploring Inner Power** for middle and senior level management of Bhilai Steel Plant, the largest steel plant in India chaired by **Mr. R. Ramaraju, Managing Director, Bhilai Steel Plant**. The programme witnessed a gathering of a large number of top executives that include – **Bro. T.K. Gupta, Executive Director Finance, Bro. V. K. Arora, ED (Projects), Bro. S. Sharma, ED, HSCL etc.**, besides a large number of General Managers and senior officials attended the programme. At 3.00 p.m., another exclusive programme for lady executives, Mahila Samaj members and relevant people was organised at Kalamandir, a beautiful auditorium, on the theme- **Role of women in enhancing Quality of Life**, which was chaired by **Mrs. Renuka Ramaraju, President, Bhilai Mahila Samaj**. The programme was attended by good number of lady intellectuals, women activists, wives of Sr. Management, Lady Doctors, relevant NGO's etc.

In the evening, there was a programme for public on **Sweetness in Relationships** at adjacent ground of **Rajyoga Bhawan**, which saw a gathering of more than 3000 intellectuals who listened peacefully and took active part in the lively interaction and question-answer. Those who could not attend the programme tuned to their TV for **live telecast on Abhi Tak channel**, a local channel. Local media highlighted the event with wide coverage.

BARODA

'Feelings' is an internationally famous Gujarati Magazine being published for the last 11 years and is also a multimedia, which has spread its branches in Mumbai, Ahmedabad, Surat,

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MAY YOU REMAIN IN ANGELIC CONSCIOUSNESS!

As we pursue the path of spirituality, we learn, practise and go through several experiences; some being sweet, some are wonderful, several are enlightening, many are great and so divine that it seems difficult to express these in words... At some point in life, many of us feel inclined and inspired to look for the best one can achieve in life. Though people have varying aims in life, most of us aim for deep and fulfilling spiritual well-being which can empower us to conquer or overcome all sorts of shortcomings and inner weaknesses. Moreover, we yearn for great spiritual experiences, which may be in the form of self-discovery and self-realisation. We continue to go deeper and deeper in our practices, and at times find ourselves unexpectedly face to face with the supreme reality... Once we have even a glimpse of the Supreme Father and hear His sweet whispers of Godly wisdom, our thirst for the nectar starts to multiply... From the

moment we re-learn about and re-discover our personal, near and dear relationship with the Supreme Father, the heart's desire is to simply listen and practise whatever we hear and accept it as His *shrimat* (Supreme Advice). Why?

This happens because our third eye of wisdom has opened and is able to perceive the supreme reality about ourselves and our eternal spiritual relationship with the Supreme Being. We accept ourselves as being His most fortunate heir-apparent children. We further realize that He, our Supreme Teacher, is now bestowing on us the deep secrets of the greatest knowledge about Himself and the beginning, the course and culmination of this eternal World Drama of 5000 years. True to one of His famous titles, He bestows His invaluable friendship as '*Khuda Dost*' (the dearest God-Friend), always ready to listen and guide us at every step whenever needed. This process started in the year

1937 when He descended to guide humanity (personally) again on the path of righteousness and religiousness. As shared earlier through these columns, Brahma Baba became His most fortunate chariot (medium) to start the only University of God's wisdom for people of all ages, from all religions, races and regions of the world. The unique process of world transformation through transformation of human consciousness has been continuing ever since and is now entering its 73rd year on '*Maha Shivratri*', the 'Great Night of Shiva's Incarnation'.

We, spiritual saligrams, (human souls) experience ourselves to be re-incarnated with God Shiva to listen once again to the highest knowledge after 5000 years. As the years of this auspicious period in the world cycle pass by, the Godly teachings gain more richness, depth and clarity, not to mention being unlimited in reaching out to every corner of the world.

On 5 February 2009, this phenomenon was clearly

visible when thousands and thousands of spiritual students of our global spiritual University from 80 countries listened directly to the Godly words of wisdom in the form of Murli (elevated versions) for several hours. Nearly 17,000 people were present in the huge Diamond Hall to quench their spiritual thirst. The angelic divine love of the Supreme Father Shiva and Angelic Brahma Baba was apparent in the holy versions, where every spiritual child was advised to evolve internally through meditation in silence (Rajyoga Meditation) and achieve the stage of remaining in angelic consciousness. **The most precious jewels of these versions are as follows (excerpts):**

MAY YOU STAY IN THE ANGELIC STAGE WHILE DOING SERVICE AND PRACTISE BEING BODILESS!

(DIVINE MESSAGE)

Just as you know the three forms of God, the Father, in the same way, there are three forms of the children which are the aim and qualifications of this confluence age: Brahmins are to become angels and angels are to become deities. So, according to the present time and your

effort, your aim is to become an angel. The perfect form of the confluence age is to become an angel who will become a deity...

“An angel means one who is light in relationships, *sanskars* and thoughts in the old world; to be light even in the old *sanskars*. Not just to be light in your old *sanskars*, nature and the world, but an angel means one who has lightness while coming into relationship with everyone and with everyone's nature and *sanskars*. Those angelic souls would have love for everyone; not just love for some, but love for all. All of you have seen amongst Brahmin souls just like yourselves, that your beloved Dadi Prakash Mani was loved by everyone, and everyone said from one's own experience with a lot of love, “My Dadi”. In terms of nature, *sanskars* and while living in the old world, she remained loving and detached. Everyone said with a right, “My Dadi!” So what was the reason? She herself was light in her nature and *sanskars*. She gave everyone the feeling of belonging. She was an *example*. Whenever you heard of her efforts or if you asked her about it, she

would always say: We have to become *karmateet*. In the deep desire to become *karmateet*, she would also repeatedly remind others of the same thing. So, for every Brahmin, there should only be this desire now: We definitely have to become angels. Angels mean those who are detached from the physical body, those who always have a body of *light*. Angels mean kings of the physical organs...

An angel is one who is a self-sovereign. Such a self-sovereign is one with a form of *light*. Whenever you meet anyone who is stable in the *light* of the *double-light* stage, then the awareness of the soul, the light, would be visible on that one's forehead...

You saw in Father Brahma, when anyone met him or took *drishti* from him, what was visible while talking to him? In the *last* stages, you experienced that even while talking, Father Brahma would mostly remain stable in the sweet bodiless stage. No matter how much *service* news others had to share, Baba would give them the experience of being bodiless in a *second*. And if you were to *check* in the murlis, see how many times you are reminded of the same lesson of the soul

again and again, “I am a bodiless soul.” So, now according to the time, the little things of detail, the things of nature and *sanskar* take you far from the bodiless stage. Now, there has to be transformation...

There is a good *result* of service in different places. However, the atmosphere of being bodiless requires less effort and creates a greater impact. Of course, people enjoy what they hear, but they have an experience through the atmosphere and the drishti

of being bodiless and an experience is never forgotten. Give one or another experience of peace, happiness, joy or spiritual love. Through the love in your behaviour and the hospitality you offer through your relationships and family, they depart with an experience, but now specially pay *attention* to giving the feeling of supersensuous joy and spiritual intoxication of peace through the atmosphere and *vibrations*...

While walking and moving

around, increase the experience of the angelic form. Increase the experience of the bodiless stage. Be *double-light* in your nature and *sanskars* in order to finish any thoughts within a *second*. The *light* of such *double-light* angels, those who are *double-light* cannot remain hidden. Even a small *torch light* or a lit matchstick cannot remain hidden whereas this is spiritual *light*, and so, through your atmosphere, give them the experience.”

– B.K. Nirwair



MESSAGE FOR MAHA SHIVRATRI



Strange, but true, God descends from His Supreme Abode once in the entire cycle of four yugas. It is the darkest period in the world history as we are witnessing today. In His own words, “The people of this world are becoming more and more down-trodden (*tamopradhan*) day by day. They are learning more and more evil ways of living. The levels of corruption, adulteration, bigotry, deceit, eve-teasing, rape, violence and terrorism are ever on the increase.

“The source of wisdom and spiritual power is the one and only Supreme Father. Learn that wisdom from the Supreme Father and inculcate virtues in your life. You are now becoming virtuous with the help and remembrance of the Supreme Father, the Almighty. Just as you have descended from that pristine purity, you will ascend again to the same heights.”

Celebrating Maha Shivratri means to have found the Supreme Father God Shiva once again for our rejuvenation to godhood. Maha Shivratri has been welcomed as 'Trimurti Shiv Jayanti', in His own words, which transforms human souls into invaluable diamond-like deities of the Golden Age with 100% purity and an all-virtuous life.

We extend hearty congratulations and best wishes to our readers for the 73rd Trimurti Shiv Jayanti celebrations (23rd February 2009). May the flag of 'Shiva' flutter high in all parts of the world and convey His divine message of “May you be Holy and become Rajyogi”, so that all may claim their Godly birthright of *Jeevan-Mukti* (Liberation-in-Life) with complete peace and happiness for 21 lives, as worship-worthy deities of the Golden Age!!

PRESIDENT OBAMA FOR HOPE AND VIRTUE

As someone said, it can happen only in America, the land of hope and opportunity that one can dare to think of the betterment of all. The President of the United States of America, Mr Barack Obama's inaugural speech was rightly applauded now and again by over two million people who gathered to witness the oath-taking ceremony at the Capitol Hill, and also watched by billions on television around the globe. This keen interest of the entire human race paints a beautiful global canvas of 'Hope over Fear', with the underlying knowledge that 'God calls on us to shape an uncertain destiny...'

The entire speech – every word and sentence – seems to be a masterpiece of genuine political will and envisioned craftsmanship that will re-shape the destiny of America and lead the world to the new horizon of hope and virtue: “Yes, we can”. It would be very appropriate to share some of his thoughts with our readers through these columns (excerpts):

“My fellow citizens: I stand here today humbled by

the task before us, grateful for the trust you have bestowed, mindful of the sacrifices borne by our ancestors...

At these moments, America has carried on not simply because of the skill or vision of those in high office, but because We, the People, have remained faithful to the ideals of our forebears, and true to our founding documents...

That we are in the midst of crisis is now well understood. Our nation is at war against a far-reaching network of violence and hatred. Our economy is badly weakened, a consequence of greed and irresponsibility on the part of some but also our collective failure to make hard choices and prepare the nation for a new age...

Homes have been lost, jobs shed, businesses shattered. Our health care is too costly, our schools fail too many, and each day brings further evidence that the ways we use energy strengthen our adversaries and threaten our planet...

Today, I say to you that

the challenges we face are real, they are serious and they are many. They will not be met easily or in a short span of time. But, know this America: They will be met...

On this day, we gather because we have chosen hope over fear, unity of purpose over conflict and discord. On this day, we come to proclaim an end to the petty grievances and false promises, the recriminations and worn-out dogmas that for too long have strangled our politics...

Now, there are some who question the scale of our ambitions, who suggest that our system cannot tolerate too many big plans. Their memories are short, for they have forgotten what this country has already done, what free men and women can achieve when imagination is joined to common purpose and necessity to courage...

We are the keepers of this legacy, guided by these principles once more, we can meet those new threats that demand even greater effort, even greater cooperation and understanding between nations...

We will not apologize for

our way of life nor will we waver in its defense. And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that, "Our spirit is stronger and cannot be broken. You cannot outlast us, and we will defeat you."

For we know that our patchwork heritage is a strength, not a weakness. We are a nation of Christians and Muslims, Jews and Hindus, and non-believers. We are shaped by every language and culture, drawn from every end of this Earth. And because we have tasted the bitter swill out of civil war and segregation and emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself; and that America must play its role in ushering in a new era of peace...

Our challenges may be new, the instruments with which we meet them may be new, but those values upon which our success depends, honesty and hard work,

courage and fair play, tolerance and curiosity, loyalty and patriotism -- these things are old. These things are true. They have been the quiet force of progress throughout our history. What is demanded then is a return to these truths...

This is the source of our confidence: the knowledge that God calls on us to shape an uncertain destiny. This is the meaning of our liberty and our creed, why men and women and children of every race and every faith cannot join in celebration across this magnificent mall. And why a man whose father less than 60 years ago might not have been served at a local restaurant can now stand before you to take a most sacred oath.

So, let us mark this day in remembrance of who we are and how far we have travelled...

At a moment when the outcome of our revolution was most in doubt, the father of our nation ordered these words be read to the people:

"Let it be told to the future world that in the depth of winter, when nothing but

hope and virtue could survive, that the city and the country, alarmed at one common danger, came forth to meet it."

America, in the face of our common dangers, in this winter of our hardship, let us remember these timeless words; with hope and virtue, let us brave once more the icy currents, and endure what storms may come; let it be said by our children's children that when we were tested, we refused to let this journey end, that we did not turn back nor did we falter; and with eyes fixed on the horizon and God's grace upon us, we carried forth that great gift of freedom and delivered it safely to future generations.

Thank you. God bless you and God bless the United States of America."

May Supreme Father shower His choicest blessings on the new President, Mr Obama, to succeed in glorifying God through the service of humanity, and help in establishing the new Golden Age of values, beauty, peace, love, health and prosperity.

Congratulations!

Congratulations!

Congratulations!

– BKN

REVELATIONS OF SHIVRATRI AND THE BIRTH OF THE GITA

– B.K. Khem Johhoo, Trinidad

Shivratri is the descent of God Shiva to protect the virtuous, destroy the evil and to re-establish righteousness and the Golden Age as promised in Gita c4.v7-8. *Ratri* refers to the dark ages and in particular the end of the Iron Age when promiscuity and lawlessness are in extremes and promoted by even those who have been entrusted with upholding the law and religion.

Spirituality is the only weapon available to destroy the evils of the world. It is the code of ethics as prescribed in the Gita. **It is now the auspicious**

Confluence Age of Sangam Yuga and God Shiva has entered the drama to free humanity from the chains of Maya i.e. lust, anger, greed, attachment and ego.

THE PURPOSE OF THE GITA

God promised in the Gita that He would descend **for the sole purpose to protect the virtuous, destroy the evil and to re-establish dharma and the new kingdom.** The Gita contains the spiritual directions called “*shrimat*” or the code of ethics spoken directly by the Supreme

Father, God Shiva, to transform this impure world into the pure one of peace and happiness.

WHEN WAS THE KNOWLEDGE OF THE GITA GIVEN?

This knowledge of the Gita was **first spoken** by God Shiva at the beginning “**auspicious Confluence Age or Purshottam Sangam Yuga**”. The Confluence Age is the last 100 years of the Iron Age. This is at the end of kaliyug when irreligiousness and unrighteousness is in the ascendant. **God's descent and incarnation on earth is known as Shivratri or Trimurti Shiv Jayanti and it is also marked with the birth of Gita.** In the path of knowledge or Gyan, “*Ratri*” refers to the dark ages of Copper and Iron when immorality, promiscuity and lawlessness become the norm.

WHERE WAS THIS KNOWLEDGE GIVEN?

This knowledge was given through Arjuna (Sakar Brahma) in Bharat for about



the first 75 years of the auspicious Confluence Age. The Mahabharat war, in which Arjuna is a key player, is the battle between the vices and virtues. This war is part subtle and culminates with physical destruction of the evil forces at the end of kaliyug. This symbolic Mahabharat war is said to have taken place in Kuruksetra. Kuruksetra is symbolic and it refers to the body that houses the soul and by extension it represents the world (battlefield) which is the stage for the play of the eternal drama.

WHY WAS THE KNOWLEDGE OF THE GITA GIVEN?

The knowledge of the Gita is the only weapon available that can overcome and conquer the vices. The subtle part of the Mahabharat war is between the mind and intellect as well as between the body and soul. The physical part of the war is when all the elements begin to cooperate and through natural calamities, they purify themselves. This physical part of the Mahabharat war is referred to as Shiva's cosmic dance.

THE CHARIOT WITH KRISHNA AND ARJUNA

The first picture in the Gita shows Krishna and Arjuna in a chariot drawn by five horses with Krishna holding the reins. If Arjuna was going to war, why was Krishna holding the reins? The chariot represents the body of Arjuna and the five horses are symbolic of the five senses. The deep spiritual significance of this is in direct reference to c4v7 of the Gita which says, "God descends on earth when unrighteousness prevails and "embodies Himself" to protect the virtuous, destroy the vices and to re-establish dharma". To "embody Himself" is a divine birth and it means that He uses the body of Arjuna (Brahma) to teach the knowledge of the Gita, because the very Gita says that God is above the bondage of nature and karma (*abhogta-c9v9*). Therefore the picture of Krishna and Arjuna in the chariot is only symbolic.

It means that when God is speaking through the mouth of Arjuna, two souls are present in the body of

Arjuna with God playing the dominant role as the sermonizer of the Gita and the soul of Arjuna becomes the listener. This is the same as Krishna holding the reins, which means that he is sermonizing while Arjuna is listening and inculcating the knowledge. Holding the reins is to control the five horses but it means to assist spiritual seekers to have control of the mind over the five senses.

Gita c11v3 clarifies that the chariot is symbolic when Arjuna asks Krishna "Lord, you are precisely what you declare Yourself to be. But I long to see Your divine form". God replies in Gita c11v8 quote "But surely you cannot see Me with those gross eyes of yours, therefore, I vouchsafe to your divine eyes. With this you behold my divine power of Yoga". This is because the intellect is the divine or the third eye.

THE SERMONISER OF THE GITA IS GOD SHIVA

The knowledge of Gita was spoken by God Shiva through the mouth of Brahma to create the Brahmin dynasty who assisted Him to defeat the vices or evil forces of the

world. The Brahmin clan is the mouth born progenies of Brahma who were the *Pandavas* and the Shiv *Shaktis*. The Ramayana refers to this weapon as the “Brahma *Astra*”. This is because all other weapons only made Rawan unconscious. It was only the “Brahma *Astra*” that had the power to destroy the Ravan. In fact, the Brahma *Astra* is not a physical bow and arrow, it is the combination of Gyan and Yoga. Ravan is the five vices of anger, greed, ego, lust and attachment. It is the five evil spirits called Maya. When one follows the path of the vices, the veil of Maya closes the divine intellect or third eye.

Therefore the aim and objective of Shiva's descent is to protect the virtuous, destroy the vices of evil, and re-establish righteousness as well as the deity religion and the Golden Age. The Gita is the only scripture that is written in the first person and it is the direct versions of God Shiva. It is the only scripture that deals with knowledge and the science yoga sometimes called *gyan-vigyan*. It is the only scripture that has “*shrimat*” (elevated directions) as part of its title. At the end of every chapter, it closes with the appropriate type of yoga practice based on the knowledge spoken. ●

FOLLOW THE FATHER

– B.K. Sis. Raji,
Pandav Bhawan, Mt. Abu

Time is short, destination is high
Waste not your time in asking why?
You just have to fly
Like Father Brahma, nothing did he lack
Seated in self- respect, he never looked
back
Just follow and see the Father
No, not the brother or sister
Move forward, do not stop or bend
Good wishes and *Sakaash*, you should
send
Be free from influence, thinking or seeing
others
Be Self Sovereign, have mercy on your
brothers
Surrender your thoughts, mind, and body
completely
As Brahma Baba did so successfully
The Avyakt Angel is waiting for you
Come, be complete and perfect too
Do not waste your time in asking why?
You just need to fly.

EMBODIMENT OF BLISS

I am blessed with great fortune
I am a worriless Emperor
I have a hero's role in the Eternal
World Drama
I am very fortunate
I am a friendly soul
I am crowned with Self-respect
I am a precious jewel
I am an engrossed *yogi*
I am master God

EMBODIMENT OF POWER

I am an embodiment of courage
I am ever-ready
I am victorious of sleep
I am master guide
I am a victorious jewel
I am an able Emperor
I am an incarnation of Power
I am a lighthouse for the World
I am crowned with Eight-Powers
I am a fearless soul

HAPPY BIRTHDAY TO YOU!

– B.K. Astha, Kapurthala

(It was the auspicious day of 'Trimurti Shiv Jayanti'. Seema took along her 8-year-old Shivani to the Rajyoga centre. On the way, the little Shivani saw people gathering around the 'Shivlinga' outside the temple. She watched all this intently with great curiosity. Finally, she asked her mother.)

Shivani: Mom, why do people celebrate 'Shiv Jayanti'?

Mother: Shiv Jayanti is celebrated as the occasion of God Shiva's birthday. As you celebrate your birthday, the time when you came on this earth. Shiv Jayanti is the day when God Shiva descended on this earth.

Shivani: Is this piece of marble, they call '*linga*' is God Shiva?

Mother: Actually, God Shiva is incorporeal. He doesn't have a bodily form like us. He is a point of light. So, people worship '*Jyotilinga*' as His symbol.

Shivani: When was He born? Where are His parents?

Mother: He doesn't take birth, like we take but at the time of grave ignorance when world is grasped by so many

different opinions that there is no unanimous view point about God Himself, then, He descends on this earth through the corporeal medium of Brahma to clarify all myths, remove illusions and give us the light of knowledge. He is called the Supreme Father of all souls; He has no father. He is Supreme Teacher; but He has no teacher.

Shivani: Mom, please tell me one thing where does He come from? Doesn't He live on the earth only?

Mother: No, sweetheart! God Shiva has His own home which is our real home too. It is the Supreme, the Highest abode also known as '*Paramdham*'.

Shivani: Mom, when it was brother's birthday, you cooked all the delicious

yummy dishes. But when it's God's birthday, why do people offer poisonous flowers that don't have fragrances and drinks like *bhang*, etc.?

Mother: You are right. Actually, He is the World Benefactor. He asks us to give away the poisons of vices that have drained all the fragrance out of our lives. Instead, we offer such flowers like *ak*. He asks us to give away our hearts that keep us from imbibing the value of brotherhood and love for all. He asks us to give away the intoxication of body-consciousness that has brought us all worries and grief. Instead, we offer the intoxicating *bhang*. Now, God Himself tells the essence behind every ritual that we have performed since time immemorial.

Shivani: If it is really His birthday, how come He is not here to celebrate the party?

Mother: Actually, He has come to celebrate his party with us. But not all can see Him, for, He is incorporeal. He Himself gives us the third divine eye that enables us to see Him. That Third Divine Eye is the Godly knowledge that He imparts to all souls. To celebrate his birthday party,
(Contd. on Page No. 15)

ONE MORNING WITH AN ANGEL

– **BK Yashwant Mishra**,
Planning Engineer
Manama, Kingdom of Bahrain

“Good Morning....!”

While I was engaged in gardening, I heard a sweet child-like sound as if of the ringing bells in a temple.

“Good Morning....!!”. He said again.

I looked around and saw an angel like creature. I stopped watering the roses, which I had planted the previous day. My eyes were wide open. I was staring at a celestial personality – bright eyes, shining face and ever-sweetest smile.

I couldn't control my feelings and asked him “Are you an angel?”

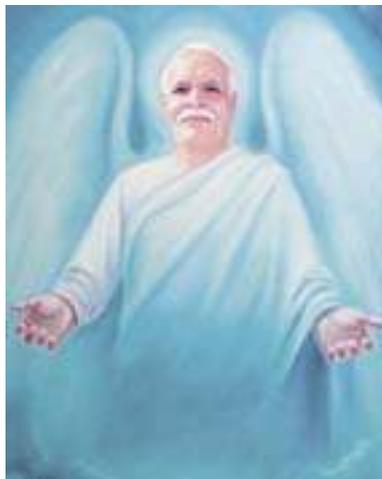
He smiled. “Would you like to join me for a morning walk?”

“Ah! Why not”, I applauded. No one had ever requested me so lovingly. What a pleasant way of inviting! I don't know why people in the world behave so harshly. Their faces look hard like rock. They all have lost their innocence with their

childhood. How pleasant to look a smiling face. ...People have forgotten to smile... And it costs nothing ... not even a penny....

The Sun started peeping from the horizon. We were moving along the side road of the sea beach. Whispering sound of sea-waves along with gently moving fresh wind added to the charm of the morning... and it was indeed a pleasant morning. We both moved silently.

“Why do I feel so happy with you?” My question was like a small pebble thrown in



a lake of calm water.

“I also feel happy with you”, He replied.

“Why do you look so good to me?” I realised that I asked like a child.

He smiled and then replied seriously, “Whatever we think of others, it reflects to them. I have a faith in you. May you be full of happiness and prosperity!”

He started explaining like a teacher. “Every moment we transmit vibrationseither good or bad, and everything around absorbs the same and, thereby, we create our own environment.”

He observed me. I was looking slightly confused.

He explained further, “Just like a flower spreads its fragrance all around it, anyone coming close to it is affected by the fragrance...In the same way our good thoughts and wishes in our mind have deep impact on our surroundings.”

He continued, “It is the chemical composition inside the flower which gives the fragrance. While in your mind it is the composition of thoughts that creates your environment. It may be full of lust or anger or love or bliss or whatever....then anyone

coming near you or talking with you would experience the same.”

I interrupted “So it is the power of thought which makes our personality.”

“Yes, whatever you think is reflected in your behaviour”, he justified.

“Can we control our thought?” I interrupted again. I believed that this time I questioned intelligently.

“Why not, after all you are the ruler of your sense organs. Aren't you? Look, it is very simple. Just like a car driver, who controls the car while sitting in driver's seat; you can control your body.”

“Is that so simple?” I wondered.

“Of course, a driver needs awareness or better to say proper training to drive the car”, He explained “...similarly you need awareness of being controller of your organs and senses, thereby... a life energyor a Soul...”

“Oh! But how does it work?”

“You are having physical organs as well as subtle organs like mind, intellect etc. through which you perform actions. Now, if you are a ruler, you have to check

yourself whether your mind obeys your order or you have to do whatever your mind wants you to do”, he explained clearly.

“Hmmm...this is a point of million dollars.” I said.

“Not even this, further to add, does your mind always obey your orders?” He was going deeper. “If subjects of a king do whatever they want, even disobey orders of their master then will you call the king a ruler? It is the awareness of the authority which gives the king the power to rule. Do you have this power?”

I said, “In fact, I find it difficult to control the thoughts going negative, if something wrong happens to me.”

“The ruler is weak. Now you need to have true awareness of the self, your divine values. Your powers. The truth takes you high up to become conqueror of your senses...”

I was really surprised by the depth of knowledge he had. “It looks you have all the knowledge available on the Earth?”

“It is not that all knowledge is useful but at least you

should acquire that which reveals the truth of the self. It is the serenity of your mind which makes you elevated... and the purity should be deep rooted up to your subconscious mind so that even your dreams become pure.”

“Oh! It is just impossible to achieve.” I found it difficult to argue.

“It is as simple as washing your cloth.” He added.

“Alright, but how do we influence others?” I wanted to gain all of the knowledge he had.

He started thinking for a while and then said, “Do you know how a metal acquires magnetic power?”

“Yes, initially it is a raw metal in which all its molecules are randomly placed, then with the help of external source of energy they are arranged in a systematic manner and the metal piece acquires magnetic power” I was proud of myself recalling my school-days science.

He further explained, “In the same way to make your subjects disciplined, you need an external perennial source of energy, which enhances your inner strength and then only your sense organs obey

your orders and you become conqueror.” He observed me whether I was listening carefully.

He continued, “...once you acquire your innate values, and your organs are in order and under your control, your thoughts will be elevated with good wishes for all, your actions will be like that of a benefactor and your vibrations will be powerful enough to attract others, as an iron piece coming close to a magnet gets attracted by it.”

He again checked me, “Do you get my point?”

“Yah...!” I realised that I was closer to the secret of happiness. “Where did you study all these from?” I started losing my patience.

“Would you like to see? O.K. Come with me.”

“Where? Is that in Heaven?” I was afraid.

“No. It's here only, on your planet Earth!”

He took my hand in their hand and we both started flying like birds in sky.

“Oh! It's a wonder!! .“ I shouted. I can see whole of the Earth in a glance.

We reached a place behind the hills. I have never ever

seen such a beautiful place in my life. Peace was spread all over. Everyone looked happy and cheerful. I could observe sweetness in their behaviour. They were angels. Everyone had a notebook in his hand.

“Is that your University?” I enquired.

“It is Godly University. We learn every thing what God teaches us.”

I was overwhelmed by the serenity of the environment.

“It must be heaven!” I murmured. “I can't believe...!” I remember I had finished up with my academic studies 15 years ago. Could I be a student again? I was thinking.

“To learn anything you have to become a student no matter how old you are.” He read my thoughts as well.

We took a round, visited every corner of the place. The sun was rising in the sky.

I wanted to stay more but finally time arrived to return.

He took my hand in his and once again we both started flying in the sky. Next moment we were back home.

“I have got to go” He said, “We will meet again”,

he promised and disappeared.

I slowly came inside my house, lay down on bed and started recalling sweet moments with him, and suddenly.....the alarm clock started ringing. I opened up my eyes. It was a weekend day. The sun had already gone high in the sky.

“Was that all a dream or a reality....?”

I came out of my house. The rose plants looked healthier today. I didn't know how to pass the weekend and started driving towards Golf Club.

Moments passed with the angel were unforgettable. Would I be able to see him again? But, he promised me!

The train of thoughts in my mind moved fast. I made up my mind. I need to be a student again. To learn of the things which no worldly school teaches. Lessons of the self, learning to go deep into the recesses of one's own self which no university teaches; it is perhaps the most worthwhile thing to gain in life. And I turned my car in search of the Godly University. ●

TIME AND TRANSFORMATION

– Jabeen Mahtani

Time and Transformation was the topic of the Sindhi *Sammelan* Retreat held in Hong Kong from 5th to 9th November, 2008. When one thinks of the word “transformation”, it is actually a combination of two words Trans and Formation. *Trans* means going across and *formation* is something that has a form e.g. this body. Hence Transformation means crossing from one form to another. This is what the Brahma Kumaris have been practising – being out of the body or this form and realising the true form as who we are, where do we come from?

One sometimes wonders, and these questions do come and haunt us, but how do we get the answers to these questions?

Many participants discovered their true identity during the Retreat. We were touched by the love and knowledge given by the angels in white. They were so

simple yet their smile would just pull like a magnet.

What have they got that we haven't? They don't own anything yet they have everything! This curiosity made each and every one wonder. Those who were late risers were up as early as 3.30 a.m. to be able to join meditation at Amritvela which was filled with power, love, peace and bliss. We learnt how to conquer sleep in spite of having a late night. Filled with enthusiasm we would attend classes and worked as a team in workshops. There was a balance of study, fun and yet there was enough time to nurture the body as well.

A lot of transformation took place within those few days. Not only did we get to know people from different parts of the world but we also discovered ourselves and what we are here for in this world. As all of us know in today's world there is a lot of transformation taking place

around us – there is change in the weather conditions and financial conditions. How many more signals do we need to open our eyes? Are we so ignorant?

Dadi Janki gave us guidance on how we are able to transform when we go into silence. She shared with us her own experiences and knowledge. This was the wake-up call that has been long overdue.

Whilst living in this world full of hustle and bustle, we will be able to transform our self and seeing us, others too will change. See how one man – Dada Lekhraj – transformed to Brahma Baba and today there are so many Brahma Kumars and Kumaris around the globe spreading the message of peace.

The programme was opened by Didi Nirmala who shared how knowledge and yoga help us face situations in life. Knowledge of Drama and Karma helps us a lot to remain unshakeable and immovable. Remain intoxicated by churning the knowledge and dance in happiness of the fortune of our inheritance. While thinking positive and being in a bodiless stage, we

do not get affected by anything and hence we become fearless.

Sister Jayanti gave a good example of transformation as to how a caterpillar transforms into a butterfly. It goes into a cocoon. In the same way we can change from a human to an angel/deity with God's knowledge and powers. To be able to do that, we need to connect ourselves to God and we need to remember that time is on our side. When we forget our true identity, body consciousness takes away our divinity.

Sister Rajni shared that thoughts are the foundation of our life. Check whether your mind is searching for answers or is it serving others? The mind can give peace and generate peaceful vibrations. This is the highest task the mind can do. Our thoughts travel. We need to give peace to peaceless souls. Everyone felt empowered by the pearls of Wisdom. We were enriched with blessings.

From the hands of a clock, we see minutes and hours tick round, from days turning to nights and back to days; we experience how time moves. Time has always told us it

goes round. Now it tells us, time is flying. And we are still walking, stumbling along. It beckons us to catch up.

When we don't understand how time works, we pursue temporary things, things locked in time – possessions and positions, name and fame, relationships and attachments. Temporary things will pass, as time passes.

God whispers to us in one ear, "What are you doing?" And time calls in the other, "Time is flying...."

Perhaps we feel that time controls us, chases us. We say we don't have time to do what we want to do. "If only I had time..." Yet each hour is given equal measure to each one. If we choose, we can say, "I will make time"; we can be the masters of time, not its slaves. We can say, "Time is my personal possession which can bring me abundance." Others can be benefited through our time well spent if we become aware of its true value.

Now it is time to spend all our time with God, from waking up in the early hours of the morning, to turning

our minds constantly to the remembrance of God, so that all our moments are spent in a worthwhile way. Time spent in such remembrance comforts the soul that has been separated from God for such a long time.

As we learn to choose how to spend time, we become masters of time. The clock is ticking and the bells are ringing. The time for transformation has come. **Should we still continue to miss out on this opportunity? ●**

(Contd. from Page No. 10)

you have to wear the dress of soul-consciousness. Only then you can enjoy the party in real sense.

Shivani: Will He bring us any gifts too?

Mother: Yes, of course He always does that! He doesn't come empty-handed. He brings us the Godly gifts of paradise. It will be full of health, wealth, happiness and peace. And His gifts last for whole 21 births.

Shivani: Hurray! Come on Ma, Let's go to his party.

And the girl merrily sings to herself, Happy Birthday to God Shiva...!

A MOTH IN LOVE WITH THE ETERNAL FLAME

– B.K. Prakash Talathi, Lagos, Nigeria

(Benevolent Father of all souls, Incorporeal God Shiva has been disseminating the esoteric knowledge through the human medium of Prajapita Brahma. The simple yet powerful teachings transform human beings and they become an instrument for spreading the divine message of God to uplift fellow brethren. One of such lucky souls is brother Prakash Talathi. His childhood memories, quest for spiritual upliftment, inner powers he gained to face the challenges and turbulences of life, his firm faith in the Almighty Father and his earnest desire to spread God's message to all human souls seem expressions of an honest heart. A keen observer of life and a practitioner of Rajyoga, brother Prakash Talathi shares his soulful experiences with the esteemed readers. – **The Editor**)

There is a small village named Mandangad in the state of Maharashtra in India. I was born in this village in September 1945. Ours was a joint family and we had a big house. There were a lot of books at home; it was almost a small-library. I vividly remember that when I was about 8 or 9 years old, I used to read *strotras* (hymns) by the light of the candle. Although I did not understand much of the meaning, I liked reading them as I felt very calm and pious. At the age of ten, I migrated with my mother and sister to another

town for studies. My father stayed in the village to look after small grocery shop and a little farming. He used to visit us often. Whenever someone expired in our community, I was the one to attend the cremation to represent our family, as was the custom. There I used to ponder; I too would die one day, then what will happen to me? How did I come to this body; who makes the sun and moon or this world go? Who or how is God? In this big, wide world, will He ever know where do I exist? All these queries would perplex

my mind. As I grew up, I came under Maya's (worldly) influence and attraction. These questions became unimportant and remained deep within and I did not bother to ask anyone for answers. I knew that no human being could answer them.

Though we were not quite well-off, I was fortunate to become a science graduate and then a Textile Technologist. The challenges of poverty and all the anxieties and worries in the family made me lose my smile and I become a serious person. I worked in varied textile mills but due to strikes and lockouts, I lost my job at the age of 44. All of a sudden in March 1990, GDM Textiles in Lagos, Nigeria offered me a job with perks and comforts like residence, car etc. It is said that when one road is closed, God opens another avenue. The textile industry had a roaring business in Lagos. It was the first time in my career that I had a five-day week.

Once Mr. Bakshani, a supplier of colour chemicals invited us to dinner. There, his wife Anita started a discussion on the Brahmakumaris. Immediately I said, "I know, they have a massive place at

Mt. Abu". Actually I did not know much about the organisation but bragging was a habit with me in those days. She informed me that every Sunday evening a sister from the BK Centre came to their house for delivering a discourse. She asked me if we could attend the discourse next Sunday. As the time was convenient for us, my wife and I agreed.

The next Sunday we reached there on time and BK Sister Rewa was already there. She carried with her an air of simplicity, sweetness and humility. She started speaking in a very simple and humble manner. Each word of hers rang a bell in the mind. The knowledge she explained was new and different. Every point of knowledge was interesting and made great sense. It was as if all the questions in my mind were getting answered. It was a sort of dance of knowledge within me as my mind accepted the knowledge. Sister Rewa has a habit of meeting the new people individually. After the discourse, when we met, the sister said, "We know each other; we have met before." I

was stunned! In fact this was the first time I had seen this sister. How is it possible that I would forget such a pure and simple lady as her? But due to courtesy, I didn't express what was in my mind and kept cool. Later on, after going through the 7-day course, I realised the significance of this remark. Then, she invited me to the seven-day course at 7 a.m. daily. Though quite inconvenient in the beginning, I accepted the invitation and thus started my voyage into the realm of the true knowledge of myself and the world around me being run and looked after by the Almighty.

I also found that she also read a few papers (*Murli*) and I thought she was doing my course! The knowledge was new, simple and it made sense. So, even after seven days, I continued going and attending the morning class. Soon I realised it was *Murli* of Shiv Baba. This is how Baba gave a birth of purity and a child was reborn in the same old 83rd body of mine! I had my 84th birth-- the birth of knowledge, birth of

spiritual adoption! I was born twice in the very same body and so I am a Brahmin!

I became Baba's faithful child. However, my simple life turned into a life of difficulties. As soon as I became Baba's child, my job was lost. I joined a new company and had to face a lot of difficulties at the new work place. Yet during these difficult times, I did not give up listening to the Godly versions. Every weekend I meditated for extra one hour in the evening and gave the Godly message to as many souls as possible. The obstacles could not shake me. I knew that the Supreme Father would test me before He gives me unlimited inheritance. He will not give the sovereignty of paradise just like that. In my childhood, when my father used to take me to the market to buy even a small thing as a coconut, he would first test it thoroughly by hitting with a coin, and from the sound it made he would take a decision to buy it; then how can God give me a crown of world sovereignty without testing my calibre? He must know the true depth of my

inside. In the end my faith won.

Soon I was blessed with a placement higher than the previous one. I was made the General Manager in another textile factory. Ever since I received the divine knowledge, my attitude towards life had been **'Baba first' and then business.** I felt as if I was instrumental in making people meet their divine Father. How to make use of every person or situation to serve Baba remained my prime effort. So, whosoever came in my contact, I would try to introduce him to this knowledge. Earlier, I had to run after people, but now one had to come to my office and even listen to me. I did not have to run after them due to the position I held.

Dear Baba made me instrumental in starting a programme called 'Just a Moment' through Bro. Julius on radio. Every morning a message of about 2-3 minutes was given to Nigerian people in this programme.

One day, I saw the vehicle of local TV station in my company premises. I invited the TV personnel to my office.

Through him, I established a good rapport with the media people and organised quite a few TV programme on spirituality free of charge. Sister Usha from Madhuban had the first TV programme on MiTV. It was a live programme. After initial talk in brief, the interviewer invited the viewers to ask questions which had to be answered by B.K.Usha. Nigerian population is almost equally divided into two religions – Islam and Christianity. They started bombarding question after question and they would not even allow her to answer before the other question was asked. Some of them were pastors. They tried to preach her to accept Christ, as only through him she could go to heaven. She was handling all of them calmly, coolly and firmly without losing her point. She appealed to all to remove the compartments of various religions created by us and offered to take all of them with her. The impact was so great that the owner of the TV station Alhaji Murhi became very close friend and

since then I can take anyone, who visits Lagos to this TV station and have a free programme. Recently, a young BK sister, little Ankita (8 years) also gave a powerful message of peace to the Nigerian public on New Year day.

After just 6 months in knowledge, Dear Baba gave me a chance to meet Him. I reached Mt. Abu. When Bapdada 'entered' the body of Dadi Gulzar and when it was my turn to meet Bapdada, I was looking through the eyes of Dadiji and kept wondering – Is it really God, who is sitting behind these eyes? I could not decide anything, yet continued going to the Murli classes everyday. I liked the Murlis very much and hence, fell in love with the Murlidhar, the one who spoke the versions. The new knowledge and the deep truths impressed me so much that I fell head over heels in love with it. My faith was not merely emotion-based hence, although there were a number of tests; never did my faith give way to doubt. 'I remained Baba's steadfast child with faith in my intellect.'

Then, every year I kept on visiting Mount Abu, our pilgrimage place, to meet BapDada in person. In March 1996, I revisited Mt. Abu to celebrate a meeting with God. During the meeting, I had been sitting on the floor of Om Shanti Bhawan for a long time whilst Baba was delivering Murli and hence, I experienced a slight pain in my back. As the seniors left the sofas to meet Bapdada after the Murli, I sat on one. Sis. Rewa saw me and called me in the front and all of them accommodated me in front seat on the floor. I sat there and was looking to Baba with all my life in my eyes. I must be in a soul-conscious stage. Although physically present, I was feeling as if I wasn't there. Suddenly, Baba signalled a sister who was standing behind him and asked her to cut a piece of the 'toli' (sweet). I thought Baba would feed that piece to Dadiji but suddenly Baba pointed to me and signalled me to come over. I was taken aback so I reconfirmed with Baba again with signal- 'Are you calling me?' To which Baba nodded- ('Yes'). It was a moment of

extreme joy, happiness and fortune. Something, I had not even dreamt of was happening practically. I jumped on the stage not even going to the staircase. Baba gave me a sweet *drishti* and that piece of *toli*. I patted my back in appreciation of my fortune and returned to the seat.

I had not done anything great so far and how come God Himself gave me this recognition! I was just maintaining a balance between service and self-progress. Everyday, I meditated during the Amrit Vela (early morning) and also did my weekend evening meditation regularly. I used to feel I should serve continually and give Baba's introduction and message to one and all. Whatever I did, I wasn't content with; I wanted to do more and more. Maybe Baba was pleased with my pure desire to serve and perseverance to do it. Truly it is said: **'An honest heart pleaseth God'**.

[To be continued.....]

GOD'S WONDER

– B.K. Gud Run,
Germany

Like the 'Phoenix'
The bird flies and flies
Re-born and re-created
Leaving the ashes of the
past behind
Free-loving and detached
In a pure state of royalty
Rising high above
Free in the sky
Nothing else to accept or
try
Seeing just only ONE
The greatness and grace
Of the sun of Knowledge
Nothing can stop him
Nothing would hold him.

The freedom of the will
And strength of the wings
The strength of love and
power
Rooted in purity
Uplifting many to fly royal
and high
And together we all
Blessed and embraced,
We all – Reach our goal.

Contd. From January

THE INCREDIBLE LIFE AND TIMES OF A WORLD LEADER IN HIS FIELD

(Thought Bombs & Talking Bullets. Don't Really Know & Don't Really Care Jr.
Eventually Arrested By Karma Police)

The Ultimate Unseen Force Of Nature With Its Unlimited And Constant Eye

People today drive their cars with great danger (body-consciousness). Soon these careless drivers will be arrested by the Karma Police. To be totally free from being arrested by the Karma Police, think true, think of the real self and shun the fake you, then the Police will ignore you, for these Police are everywhere and have supreme power over everyone all the time. They patrol every street, are in every home and sit on everyone's shoulders all the time. Be you watching TV, making a cup of tea, taking a shower, eating or going to bed, the Karma Police are there, watching you, taking notes, adding to your file, be they good or bad observations. All of us are accountable to the Chief of

Police at some point in the future.

You can only escape these Police if you work with them and obey their law to the letter. Only one person has escaped them, and he has been enlisted by them to help patrol the lawless billions who flaunt their laws every minute of everyday. No small task, but this is a most incredible Force of Nature which has supreme power over everyone at every moment.

Don't think you can run away from this Police and hide, as they can and will follow your every move, be it into jungle, desert, hiding behind an office desk or just lying in bed. They are there, watching you! A few try and hide from the Police of Ultimate Truth in caves or behind religious gowns or by drinking, working or even in

–**B.K. David**, Paignton. England

family life, but you cannot ever trick or fool this Force of Justice – even for a second! Your toothache, backache and headache are all proof of that, and so is the heart attack, panic attack, limp, blood pressure, infection and nervous twitch. All ailments are given out by the Karma Police.

The world has never seen such a methodical Police Force as this. Their punishments and sentences can be very hard – but always very fair. This constant eye of *karma* will never take its eye off you, not even to wink at you. You can ignore this Police Force if you like, but it will never ignore you. Its duty is to make sure you get back what you give out in life.

**Can You Win The Race
Of Not Looking In The
Mirror? Don't Be Last In
God's Race Because You**

Were Always Busy Looking In The Mirror.

Live a true life and your hands will be free, but live a fake existence even without your ever realising it, you will walk through life with your hands tied and mind impaired and weakened, such is your punishment. But who can say, after 50 years of having and driving the same car day after day, that the car is still as new, without faults? Without exception, we all have mechanical problems, dents and scratches (suffering) to our cars. Now, with care and attention, our car (mind/soul) can be repaired and made capable and worthy of winning the most prestigious race of all. We just need to step aside and out-smart the crime of falsehood. Have you ever asked yourself what it is you see when you look in the mirror? Are you brave enough not to look in the mirror for a year? When you are, you will then be free and you'll have won the race. The key to success is clean living, trying not to wear handcuffs and not to carry sorrow round with

you. Sound simple? It should be, yet like so many things in life, we make it very difficult for ourselves. Practice makes perfect, as they say.

Child Of The Mountain (Snowball Fight)

One step closer to the top of the mountain is, what God wants of us everyday. Our chart of remembrance should always be moving forward, not standing still and not going backwards! If you go backwards, you go down the mountain. It's a lot quicker to go down a mountain than it is to go up. It is much harder to push and make a snowball go up a mountain, than it is for it to roll down. The only thing you need to send a snowball down a mountain is carelessness. Yet much effort and care is needed for you to get a snowball to the top of a very slippery mountain. The only way up God's mountain is forwards. You cannot go backwards up God's mountain. As children of God, we should be playing in the snow, not having a snowball fight like the rest.

With effort, your snowball of good *karma* can grow. Brahma Baba, the greatest of all snowmen, stands proud at the top of God's mountain encouraging us all the time. Brahma Baba always wore Godly shoes that had incredible grip (*shrimat*) to get him up the mountain safely. We only have to follow in his footprints and wear the same shoes. With each step taken, we are one step closer to heaven, one step closer to constant happiness, one step closer to touching God's heart, and one step closer to meeting Your Perfect Self.

The Pocket Of Sorrow Has Made You Heavy

Brahma Baba made sure he always wore clothes without pockets, so no-one could ever give him sorrow. If you must have pockets (take from people) make sure it's only happiness you take, as sorrow will make you sink to the bottom of the lake where all shops are cold and bankrupt.

Brahma Baba always kept his pocket money of happiness in his mind's invisible pocket.

We all have this inner pocket but to differing capacity. The more full this pocket, the greater you can achieve your goal in life, for to cope with living today you need an inner source of happiness. Your pocket of happiness can develop a hole at any time if you are not careful, so always check and mend it then and there, otherwise it will become a pocket of sorrow.

Pocket Money.

People today have many clothes with many pockets – just look. It is now the fashion and standard to buy clothes with many pockets (live with much sorrow).

Be like Brahma Baba, pocketless (sorrowless). Be the one who removes others' sorrow and puts only happiness in their pockets

(to be concluded)

**WHEN YOUR
HEART IS
CLEAN, YOUR
DESIRES CAN
BE FULFILLED.**

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**– B.K. Binny, Manager,
PR & Media, Global Hospital**

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**KEEP HEALTHY THOUGHTS
FOR HEALTHY MIND & BODY**

THE FINAL JUDGEMENT

– BK (Prof.) Ved Guliani, Hisar.

That day Avayakt Bapdada in His Murli (divine versions) had emphasized two characteristics to be developed by His spiritual children: 'Achanak' which means all of a sudden, and 'Ever-ready'. We kept pondering over Baba's advice for quite some time and in the evening also in our discussion amongst the divine family it was the topic of contemplation. We all have the idea that the final moment will emerge suddenly and we have to be ready for the same all the time and at every place and in every situation in this worldly life.

Even before going to bed when I was sitting in meditation, I kept asking myself whether I was really ready for that sudden moment. After a while when Baba wished me good-night and Mamma lulled me to sleep with her soft, kind and blissful touch on my forehead, I floated into the ethereal world; going up into the clouds, which kept changing their colour from

green to red to crimson to white. An atmosphere of complete peace and silence. No one around. Just me and floating. I did not know how long I remained in that state but that must have been quite long because I seemed to pass through the stars and planets and still there came no end to my journey.

Finally the flight lowered at a place which looked like a vast unending smooth ground covered with a celestial crimson light emanating from the ground itself. It was all silence and peace but it was not an empty space. There were lots and lots of people like me but all were in their 'light' form. I saw that most of these people stood in two very long queues at the far end of the ground. I did not know their purpose and did not know whether I too will have to join one of the queues. Finally, I ventured to find out and asked one passerby.

He told me that the souls

in the queues were of 'angels' and 'demons' waiting for their turn to hear the final judgment and be punished or rewarded for the 'good' or 'bad' deeds performed by them during the course of their earthly life down below. He also told me that I too must join one of the queues and of my own volition. This left me thinking whether I should join the 'Good-doers – the Angels' or 'evil-doers – the Demons' queue. After a little while, I decided that I had done quite a few virtuous deeds, so I deserved a place amongst the angels.

I started moving in that direction when a question came straight from inside: Am I really that virtuous and have done no evil during my worldly life? I stopped and felt that after all I had also indulged in many things which good people – at least angels – would have avoided. Have I not pinched many a heart and become the cause of many a person's sorrow and worries? May be 'Yes'. Don't I have the demonic traits? Anger, yes; ego, a little bit; attachments, yes; greed, may be very little; Lust, can't say on any side, but perhaps

controlled. Controlled, not eradicated? All this forced me to move towards the demons.

Again, another call from inside and a pause. But don't I have virtues? How could I tell? But one thing I can say boldly and even boastfully that I am Shiv Baba's child, perhaps His dear child. I am sure He will push me towards the Angels, since even if I have not attained complete purity I continued to make sincere efforts and with His Shrimat have been purged of much of my evil, sinful and useless thoughts.

But should I sing praise of the self? What should I do? Go to the sinners' queue? After all the Dharam Raj has all the accounts. Nothing hides from Him – good or evil. Convinced that I also deserved to be punished for whatever little 'bad' or 'sinful' I had done, I again changed my course and moved towards the other queue, to stand amongst the Demons.

Having joined that queue which was exceptionally longer than the other queue, I looked around the people who were in that queue and was struck with fear. There were

people with frightening, awful and rather threatening appearance. I again asked myself: Am I like them? No, it cannot be so. Have I not done something wrong in joining this queue? But I decided that I must stay on and wait for the judgement.

After a long wait, came my turn to be judged and given reward or punishment, whatever I deserved. In the heart of my hearts I was quite shaky and did not know what was in store for me. But what can one do except wait for the inevitable and bear one's fate boldly?

When I was presented before the Divinity, He could not find my record with Him. He went through His registers twice and when sure He asked me why I was there. I told that during the course of my earthly life I am sure to have committed some sins. Feeling happy, He again asked, “But what about the good or virtuous deeds that you might have undertaken?” “I am not sure because I did whatever Baba Shrimat has guided me to do. Shrimat guides His children not only to the good of one's

own but for the goodness of the whole universe. But how can I judge the effect of all that I did? That would have been boastful and egoistic. My sole duty has been to perform and leave the results of joy and happiness to the Supreme Father”.

The Divine Soul said, “The humility and truthfulness of Shiv Baba's children is enough to take those souls to the other queue. Wait, I will send some angels to take you there.” Two brightly shining and royally dressed angels took me through a different route to the chamber where the souls from the other queue were being assessed for their virtues in the world. I was surprised to find Brahma Baba sitting with Shiv Baba's Celestial Light.

Looking at me Baba said, “Why did you go the other way?” When I made no reply, Baba went on to say, “I know you were humble but undecided and that is what has been your prominent feature during the earthly life. Do you remember, I kept giving you hints through your life, but uncertain as you always were, you could not grasp their

significance. Remember your college days? When you were filling the subjects of study, suddenly you thought of taking Philosophy as one of your subjects. That was the first hint and you accepted and studied Philosophy. You discussed topics like life, birth, death, soul, sin, virtue, existence in the universe and many more but did not go beyond their academic discussion and significance. Again after your graduation, you went for your Masters in Philosophy but that attempt too proved futile.

“Again see into your past and you will find many other hints and inspirations I dropped your way. Have you ever thought why you liked the 'white-dress' so much? Was it just a co-incident that when you joined a college as lecturer you had all white shirts and not even a single coloured one? Did it never come to your mind that you did not like the worldly pleasures like the cinema, TV,

playing cards etc. You did not smoke nor did you ever taste wine and never liked to waste your time in other wasteful leisures. You enjoyed intellectual discussions. You were just 21 when you started writing your diary to make self-analysis and assessment from the day you joined your profession of a teacher i.e. August 05, 1968. You had sympathy for the needy and the suffering. You even did not go to the worldly temples for worship though you never claimed to be an atheist. You believed in Me – the Incorporeal, but did not make energetic attempts to come to My path since you did not have the knowledge of the Truth, nor did you make any explicit attempt in that direction..

'It was only after I finally called you to Madhuban in 2001 and when you were above fifty, that you found your true path and real mission of your worldly existence. Since then you

have been flying high and fast in all the four subjects – Gyan, Yoga, *Dharna* and *Seva*. I am happy. But it is not the time for you to be here right now. You have a lot more service to do and lot more knowledge to accomplish and spread. Why are you here?”

Why I am here? Why I am here? How would I know I was there? The question struck me, so hard that I opened my eyes.

O God, I had not gone anywhere! I was in my bed and in my own room. I looked at the clock. It was already 3.25 in the morning, and time for me to get up and communicate with Supreme Father, Shiv Baba. But what else have I been doing? Was I really in the company of God? Or was it just another dream? I couldn't say but suddenly the English poet John Keat's lines came to my mind:

**'Fled is that music, Do I
wake or sleep?'**

UNDERSTANDING

If I am willing to listen carefully to my own thoughts and feelings I can learn a great deal about human nature. When I also remain open to the concerns of others and listen to them with care I can avoid getting tangled up in misunderstandings.

CONNECT WITH YOUR TRUE SELF

– BK Varadarajan, Chennai

No one realises that some people expend tremendous energy merely to be normal.

– **Albert Camus**

Is there any relation between the number of those tearjerkers you watch on TV and your mental state? A recent study has found that unhappy people watch much more television than happy people. John Robinson and Steven Martin of the University of Maryland discovered that those who are unhappy watch up to 30% more television than happy people. The American researchers formed their conclusions after analyzing the social habits of 30,000 people between 1975 and 2006.

Another study says that emotionally needy individuals are at greater risk of recurring depression. Myriam Mongrain, who is an associate professor of psychology in York University, Canada studied graduate students with

a history of depression, rating their levels of emotional dependence. She again interviewed the participants 20 months later to check recurrence of a major depression. Her findings in the study "Healthy and unhealthy dependence: Implications for major depression" show that emotionally needy individuals have much greater risk of relapse.

Suffering panic attacks every time in a chaotic situation or having an obsession to do something repeatedly, like pulling out strands of hair while concentrating on work are again mild forms of mental illness - which is set to become the number one health risk in India by 2010, according to a recent report on mental health by National Human Rights Commission (NHRC). According to the report, morbidity on account of mental illness is all set to take over from cardiovascu-

lar diseases as the number one health risk in India in the next two years. The National Institute of Mental Health and Neuro-sciences (NIMHANS) further says that over 20 million Indians suffer from serious mental ailments and 50 million more from milder forms.

Thus, a shocking 70 million people suffer from mental ailments with growing number of studies highlighting that mental illness may become the biggest health risk by 2010. The striking element in all the three research studies is that human mind has become quite vulnerable in dealing with various forms of emotional ailments. This clearly identifies the lack of our ability to deal with depressive and demoralising tendencies caused by the environment we live in.

We have fancy racing through our lives without pausing to consider who we really are or what we want to be, satisfy ourselves with breadth rather than depth and choose quick reactions over considered reflection. We use words like obsessed, crazed and overwhelmed not to describe insanity, but to

characterise our everyday lives. Keeping ourselves energised for the long work schedules we maintain, requires more than just time management. We need to guard ourselves against frequent and precipitous energy level drops and the struggle to stay focused. Our tendency to constantly race against time and the limited human energy, which we expend more than we can, leads to great stress and ultimately causes distress. It is indeed effective management of our internal energies to wade through our ever-squeezing schedules, which is the need of the hour.

So, how do we ensure that we bring our complete energy to every task done throughout the day? Wouldn't it be wonderful if we can maintain stillness even in chaotic situation and think about how to get out of the chaos rather than bother about the how's and why's that lead to situation? How valuable would it be to bring more positive energy and passion to the workplace and impact those we lead with that positive energy?

The first step to know what bothers us is to realise who we are. Once we know our true form, we realise that we possess certain innate qualities within ourselves. We also realise that some of the qualities, which we currently possess, are not ours by nature but have been acquired over a period of time. It is because of these acquired qualities we turn to external solutions to resolve the problems whose root cause is within us. Then we also need to realise the importance of our original qualities and develop them through certain fundamental changes. This process is often called self-transformation. The process of self-transformation is effective only when necessary changes are brought in lifestyle through a natural change management process. This also needs a paradigm shift in our thinking and our attitude.

The shift is needed to understand how to achieve this seemingly Herculean task and through a methodology so simple that it can be easily integrated into our

lifestyle. My experience with Rajyoga meditation is that it helps us achieve this with its unique three-step framework of **Self-Realisation, Self-Transformation** and **Self-Actualisation**. With Self-realisation we first understand what we are and more importantly what we are not. We also become aware of the root causes and effects of physical, mental and emotional disorders and how to effectively tackle them by developing few self-management skills.

Just to recall a story about a man who was selling balloons at a fair in a tribal village. He had balloons of different colours. To attract the attention of people, he would release a gas-filled balloon into the air. When children saw the balloon go up, they would jump with joy and rushed to buy one. The balloon man was busy attracting his little customers. When he felt someone pulling his shirt he turned around and saw a boy asking him, "If you release a black balloon, would that also fly high?"

For a moment the balloon man was taken aback – why is this little boy asking such a

question? His eyes fell on the dark skin of the body, and in a flicker of moment, the balloon man realised the matter! With lot of affection, he moved his hand on the head of the little boy and replied gently, "Son, it is not the colour of the balloon; it is what's inside it that makes it go up!"

In the same way through self-transformation when we fill ourselves with enlightenment of self-realisation we begin to experience that we are more valuable and capable than what we usually think of ourselves. We also rid ourselves with various shades of negativity which we unknowingly fill ourselves with. In due course of this process, we become emotionally mature and strong that we are able to cope with external stress and manage the eco-system around us effectively eliminating the need to fall back on some temporary recourse.

To ensure that change – management sustains for a long time the self actualisation stage in Rajyoga helps to keep us motivated and keen on a few specific and long term goals. The change transforms four energy-centres of a human being namely spiritual, mental, emotional and physical. ●

PRINCIPLES OF SCIENCE AND SPIRITUALITY

– **B.K. Archana M.Das,**
Xth Std., Trivandrum, Kerala

The main object of Science is to know the nature of reality in the physical realm. All scientific explorations aim at discovering certain secrets behind the forces and understanding the laws underlying them. Scientific knowledge is such knowledge that can be practically demonstrated or experimentally tested or can be verified by methodical observation or mathematical calculations or can be proved on the basis of the discovered laws of nature.

But spiritual knowledge is distinguished from the religion which is free from any prejudices. It provides an insight into the nature of consciousness. It also interprets the findings of psychology, sociology, economics, history and other sciences. Actually, it doesn't accept any rituals or other traditions. It explains the relationship between man and his creator, i.e. soul and Supreme Soul. Also, it attempts to give an orientation to all science and arts.

Moreover, Science explains how certain actions, reactions and processes take place; it does not explain why things exist and for whom they exist. It explains the anatomy, physiology and chemistry of the body and the brain, but it does not explain for whom all this works and what is the meaning and purpose of life? But spirituality is different from science in many ways. It has a universal appeal and has a strong and fully developed ethical core. It is built upon true and detailed knowledge about the entity, soul and the creator. Spiritual knowledge enables one to face the problems with ease and lets one experience the company of God. Thus, the practice of meditation makes man's life free from tension and more efficient. ●

INSPIRATION OF POSITIVE THOUGHTS

– Ranjit Fuliya, Associate Editor

National Insurance Academy (N.I.A.) situated at Pune is a training institute for the executives of General Insurance Corporation and Life Insurance Corporation. I visited this institute for the first time to attend a Management Development Programme in 1992. While I was returning by train, two ladies boarded at Shri Shanti Nilayam Railway Station near Puttuparthi where Sai Baba's Ashram is situated. They were returning after paying a visit to the ashram. As they occupied their berths opposite to my berth, it was natural for me to be courteous and cooperative as a fellow passenger. One of the ladies sat on my berth, and the other occupied the opposite. As they looked tired, I felt that they needed rest. When one of them tried to stretch herself, I sat at the edge of the berth so that she could be comfortable.

I was then in a highly

charged and positive state of mind. The training at NIA had been a very good opportunity to develop the self and to convey spiritual knowledge to the participants as well as the faculty and the management. The message of spiritual upliftment and Rajyoga meditation was given at every available occasion – group discussion, public speaking, individual interaction and cultural programme etc.

Now, the ladies were travelling alone to the spiritual place; they must be deeply spiritual – I thought. I sat in meditation for some time. After about one hour, the ladies awoke and one of them said, “Ranjit, I'm having very good vibrations from you; there must be something very special about you – that you must tell us.” I told her that there was nothing special about me; I was just sitting in meditation, a loving and empower-

ing link of soul with the Supreme Soul. The other lady also got interested and I informed them about my association with the Brahma Kumaris. They liked the practice of Rajyoga meditation and found it very simple and novel. They also expressed their interest to visit Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, international Headquarters Mount Abu.

The ladies then introduced themselves. They were Mrs. Aarti Khosla, Additional Secretary, Ministry of Home Affairs, Govt. of India and Mrs. Indu Chopra, Chief Accounts Officer and Finance Advisor (CAO & FA), COFMOW, Indian Railways. Mrs. Indu Chopra subsequently visited Brahmakumaris Headquarters, Mount Abu, on my invitation, and participated in National Conference on Women Empowerment wherein she chaired one of the sessions. This incident highlights the importance of our thoughts. If we can remain positive, we can charge the environment around us and spread vibrations of goodwill, peace and purity all around. ●

– Contd. from page no. 1–

Bangalore and Chennai, having its headquarter situated in Baroda. Since the year 2004, 'Feelings' has been organising NRI meet and presenting Global Gujarat Awards to the dignitaries working in different fields and having international name and fame.

The Chief Managing Director of "Feelings", Mr. Atul Shah, who visited Mt. Abu to attend one of our Media Conferences, was the Chief Guest in the media conference held at Baroda. He had affinity for spirituality. A number of our spiritual articles have been published in his "Feelings" magazine.

This year he showed his will to honour Brahmakumaris institute for its great contribution in the field of social & spiritual upliftment and to bring awareness to the society. He invited Sarla Didi to accept the award.

The programme was organised at Gangotri Party plot of Baroda. The umbrella theme of the function was to uplift the pride of Bharat, to inculcate brotherhood in

different sects, to bring all the Gujaratis on a single platform as a single Gujarati Family.

An NRI meet was also organised to fulfill the above aim.

An audience of 6000 peoples including 2000 NRIs witnessed this august occasion.

The laughter wizard Mr. Sairam of Saurashtra presented humorously the pride of Gujarat and India through *Doha*, patriotic songs etc.

The Chief Guests of the function were H.H. Goswami 108 Shri Dwarkeshlal Maharaj Head of Vaishnav, Mr. Ashok Bhatt, Speaker of Legislative Assembly, Mr. Anandji Shah, well-known musician of duo Kalyanji-Anandji, Mr. Maulin Vaishnav, Director, Bank of Baroda, Mr. Pankaj Udhas, well-known *Gazalkar*, Mr. Harshad Patel Ex Mayor – Brent, UK, Mr. Shantilal Patel, Former Finance Minister.

Some of the Awardees:- Miss India Earth 2008 Tanvi

Vyas, Journalist, Mr. Bhagwati Kumar Sharma – writer of 75 Books and 25,000 thought provoking articles, well known photographer Mr. Pranlal Patel – who is about to finish century and who has spent 80 years in the photography profession, Journalist Mr. Kundan Vyas etc.

The "Pride of Gujarat" Award under the category of Social – NGO was presented to Sarla Didi on behalf of Brahmakumaris. Group dances on the theme of patriotism were presented by the children of Little Wonders Group of Mumbai. *Gazalkar* Mr. Shobhit Desai and Mrs. Gujarat Dr. Nilima Sompura nicely conducted the programme.

All the Awardees expressed their feelings for 'Feelings' and thanked 'Feelings Family' for honouring them with the Awards.

DELHI (HARI NAGAR)

On completion of fifty-five years of socio-spiritual services in and around Delhi, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya organised an "Amrit Mahostav

" of its senior members and public today to celebrate, strengthen and spread its selfless services to society in more effective and broad-based way.

The programme was attended by about two thousand people and was addressed by a number of dignitaries.

Swami Chakrapani said that true yoga or *Sanyas*, did not mean retiring to forest or mountain caves but to lead a lotus like pure, detached and virtuous life while living in society and discharging all worldly duties in Godly remembrance.

Mr. Malay Mishra said that spirituality, yoga, meditation and eternal values like *Vasudhev Kutumbakam* (Global Village) and universal brotherhood were India's contribution to the world which Brahma Kumaris were practising and promoting across the globe.

Rajyogini Dadi Rukmani, Addl. Zonal Head of Brhma Kumaris in Delhi, presiding over the function, said that the need for practice of spiritual knowledge, human values and

Rajyoga meditation for combating and containing modern menace of stress, crimes, depression, drug addiction and other psychosomatic diseases were being felt more urgently today than ever before.

Senior members of the institution in Delhi such as Rajyogi B. K. Brijmohan, Chief Spokesman of Brahma Kumaris; Rajyogi B. K. Sunderlal, Former Education Officer, Govt of Delhi; Rajyogini B. K. Shukla, Director of several Rajyoga Centres in Delhi and Haryana etc. were felicitated for their five decades of selfless spiritual services to society.

A soul-elevating cultural programme including value based songs, dance and drama was held.

HYDERABAD

On 18th January, on the occasion of **Brahma Baba's 41st ascension day**, about 300 in-patients of the Indo American cancer institute were given fruit packets and booklet on Shiv Baba's biography. This was fol-

lowed by the visit of **Bro. Nirwairji** to 'Shanti Sarovar' from 24th to 26th January, for a meeting with Andhra Pradesh teachers and senior brothers, as per Bap Dada's wish, for completing the auditorium and starting the third phase for a kitchen dining complex for 1000 people and a residential complex for another 200 persons, in the august presence of **Santosh Didiji**, Maharashtra zone in-charge. This was followed by a five-day diabetic camp from 27th January, conducted by **Dr. Girish Patel**, from Mumbai, which was attended by 90 diabetic patients, who were very enthusiastic and happy after the camp. Dr Girish Patel also gave a lecture to the public garden walkers, club members, in which about 250 persons participated and thanked him for the same. Meanwhile, **Ratan Dada & Sis. Ratna**, from Global Cooperation House, **London**, who are here, gave a discourse to the Sindhi community, in Secunderbad, in which about 250 Sindhis participated. **Sister Kuldeep**, in-charge Hyderabad Centres and

Director of 'Shanti Sarovar' met Patanjali Yoga **Guru Ramdev** at his yoga camp and did candle lighting along with former Chief Minister Bro.N.Chandrababu Naidu. **Sister Mira** from **Malaysia** was also here and conducted Bhattis at Karimnagar, Warangal, Vijayawada, and finally adressed the Brahmins at Hyderabad.

(ABROAD)
LONDON

Dadi Janki, the 93 year old Guiding Light of the Brahmakumaris, lit a single candle and delivered her simple yet profound message for Peace.

Dadi Janki was invited by Demystifying India, in partnership with Hindu Today and the Indo European Business Forum to address over 500 people including Royalty, Lords, Members of Parliament, and leaders of all major faiths.

She underlined that all the world's problems stem from

the lack of peace within the individual.

Each one of us must remind ourselves of our true purpose: 'I am a child of God and a student of God; I have to serve and give inspiration to others'. She also stressed the need to have the feeling of an ancient Indian text '*Vasudhaiv Kutumbakam*' that means: 'The world is my family'.

In her emblematic humility, Dadiji ended her discourse with a plea for a non-monetary donation – “a donation of ego and attachment and accept God's unconditional love.”

Lord Stone of Blackheath, former MD of Marks & Specner, said that learning to meditate had increased his success and happiness in life. Lord Stone thanked Dadiji for teaching him how to be happy under all circumstances.

Mr. Arjan Vekaria, Editor in Chief, 'Hindu Today', declared: “Today

even more than yesterday, as the world sees the adverse impact of the economic meltdown, it needs a guiding light like Dadi Janki.”

Sir Gulam Noon, Chairman, Noon Products, appreciated Dadiji's humanitarian efforts, and Mr. Henry Grunwald QC, President of the Board of Deputies of British Jews noted how Dadiji shared insights and truth that are common to all faiths.

Other dignitaries present included Lord Kind of West Bromwich, Bhai Mohinder Singh, Chairman, Guru Nanak Nishkam Sewak Jatha, UK; Shernaz Engineer, Chairman, Zoroastrain, Chamber of Commerce, UK chapter; Lisa Lin, Buddha's Light International Association; Swami Nkanda, Caribbean Hindu Organisation; Ashokbhai Shah, Presdient, Oshwal Association, UK; Swami Ni, Vedanta; Sarah Teather, MP for Brent East; Raj Kumari Hira Sisodia of Marwar, CBE. ● ● ●

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